






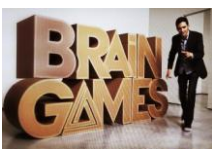




Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<b>01</b> <i>MORNING</i> <b>VON Smart Exercise</b> <b>Cognitive Skills Workbook</b> <i>AFTERNOON</i> <b>Wizard / Euchre</b>	<b>02</b>	<b>03</b> <i>MORNING</i> <b>Shuffleboard at Parkview Centre</b> <i>AFTERNOON</i> <b>IMAGINiff Game</b> <b>Fall Walk</b> 	<b>04</b>	<b>05</b> <b>9:00 - 9:45 am</b> One-to-one assistance from staff. Work on personal goals by appointment or by chance	<b>06</b>
<b>07</b>	<b>08</b> Thanksgiving <b>BIS CLOSED</b>	<b>09</b>	<b>10</b> <i>MORNING</i> <b>VON Smart Exercise</b> <b>Group Crosswords</b> <i>AFTERNOON</i> <b>Sequence</b> 	<b>11</b>	<b>12</b> <b>Lunch 12:00 – 1:00 pm</b> Be sure to bring a lunch <b>except</b> on BIS/MOD BBQ Day (Mon. Oct. 24)	<b>13</b>
<b>14</b>	<b>15</b> <i>MORNING</i> <b>VON Smart Exercise</b> <b>Phase 10 in a Can</b> <i>AFTERNOON</i> <b>Guest: Sing Along with KC</b> 	<b>16</b>	<b>17</b> <i>MORNING</i> <b>VON Smart Exercise</b> <b>Lunch Outing: Mandarin</b> <i>AFTERNOON</i> <b>Bingo</b>  	<b>18</b>	<b>19</b>	<b>20</b> <b>VON Smart Exercise</b> This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.
<b>21</b>	<b>22</b> <i>MORNING</i> <b>VON Smart Exercise</b> <b>Diners' Club:</b> <b>Spaghetti and Meatballs</b> <i>AFTERNOON</i> <b>DVD Movie</b>  	<b>23</b>	<b>24</b> <i>MORNING</i> <b>Games for the Brain</b> <i>AFTERNOON</i> <b>Jok-R-Uummy</b> <b>VON Smart Exercise</b> 	<b>25</b>	<b>26</b>	<b>27</b> <b>Benefits of Game Play</b> Improves brain function Relieves stress Improves relationships and connection to others
<b>28</b>	<b>29</b> <i>MORNING</i> <b>VON Smart Exercise</b> <b>Reasoning Skills Workbook</b> <i>AFTERNOON</i> <b>Five Crowns</b> 	<b>30</b> <i>Happy Halloween</i>	<b>31</b> <i>MORNING</i> <b>Minute to Win it – Halloween Edition</b> <i>AFTERNOON</i> <b>VON Smart Exercise</b> <b>Your Choice</b> 			<b>Be sure to read the back</b> of this calendar for important details and information regarding off-site activities

OFFSITE ACTIVITIES ARE HIGHLIGHTED AND MAY REQUIRE FUNDS AND CHANGES IN DROP-OFF AND PICKUP LOCATION-SEE REVERSE

# Barrie Adult Day Services Highlights for October 2018

- Oct 01** **Cognitive Skills Workbook** – Join us for some fun exercises involving thought processing and word retrieval
- Oct 03** **Shuffleboard at Parkview Community Centre** - Meet us at the Barrie program site (21 Essa Rd.) by 9:30 am or meet us at Parkview 55+ Centre (189 Blake St.) by 10:00 am. **No cost for participants!**
- Oct 08** **Thanksgiving - BIS Closed**
- Oct 10** **Sequence** – Play a card from your hand and place a chip on a corresponding space on the game board. When you have five in a row, it's a sequence. Learn to block your opponents or remove their chips. With a little strategy and luck, you're a winner!
- Oct 15** **Guest: Sing Along with KC** - This afternoon KC Patterson will play his acoustic guitar and lead us in a sing along –sounds fun!
- Oct 17** **Lunch Outing to Mandarin Buffet** – Today the group will be going for lunch at the Mandarin Buffet. **Meet us at the program site by 11:30am OR meet us at the restaurant by 12:00pm (28 Fairview Rd. Barrie L4N 4P3). If you will be picked up from the restaurant, arrange your transportation for 1:15pm. Remember to bring funds! (18.99 +Cost of Drink+Tax)**
- Oct 22** **Diners' Club** – Today we'll have some fun making spaghetti and meatballs for lunch - Yummy!!!
- Oct 24** **Games for the Brain** – Join us this morning for some fun and challenging online games involving critical thinking and recall
- Oct 29** **Reasoning Skills Workbook** – Exercises that can help with practical situations, reading comprehension, and creative thinking
- Oct 31** **Minute to Win it – Halloween Edition** - Based on the TV show, you have just 60 seconds to complete fun and crazy Halloween challenges. Come out and have some fun!

**BIS Adult Day Services** offers a variety of social, recreation, and skill building opportunities to adults living with an ABI

*Our Program provides support in*

**Socialization:**

Connecting with peers  
Building self-esteem/confidence  
Improving communication skills

**Brain Education and Exercises:**

Learning about ABI  
Games, puzzles, and problem solving activities to stimulate brain function

**Health and Wellness:**

Cooking  
Physical exercise/fitness/balance  
Personal safety

**Respite:**

Support quality of life for caregivers to reduce stress and fatigue

**Brain Injury Services – Barrie Adult Day Services**

21 Essa Rd. Unit 1, Barrie ON

Mondays and Wednesdays 9:00am - 4:00pm

**Barrie Office** 705-734-2178    Jeremy ext 243/ Lyn ext 242



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**NOTE: Participants need to be independent with transportation and personal support requirements, as one to one assistance is not available**